

Instructions for the wear and care of Oval-8 Splints

Information for patients, relatives and carers

① For more information, please contact: Your Occupational Therapist

Your Occupational Therapist is.....

Telephone number.....

Date.....

Reason for using the splint(s)

An Oval 8 splint has been provided to support the finger in a good position and block hyperextension of the middle joint of the finger during activity.

Wearing times

In order to gradually increase your wearing tolerance, please wear your splint/s at the following times (all suggested times are approximate):

- Initially wear one splint at a time (if you have been provided with more than one) for 20 minutes, three times a day.
- Once your hand can tolerate this, increase to 40 minutes, three times a day.
- Once your hand can tolerate this, increase to one hour, three times a day.
- Once your hand can tolerate this, increase to two hours, three times a day.
- Once your hand can tolerate this increase gradually up to eight hours a day, unless advised otherwise by your Occupational Therapist.
- Do not wear overnight.
- Do not wear whilst driving/operating machinery.

Possible “side effects”

In the unlikely event that any of the following occur, stop wearing your splint immediately and contact your Occupational Therapist.

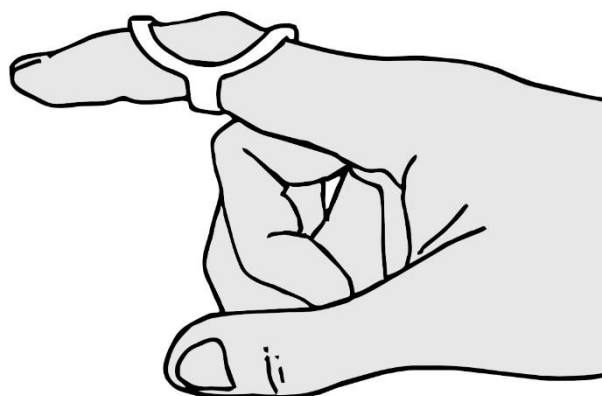
- Further swelling around the joint the splint is fitted on.
- Sore or broken skin around the area the splint is in contact with.
- A rash associated with wearing the splint.
- Tingling or pins and needles associated with wearing the splint.
- Increased pain in the finger/s associated with wearing the splint.
- Any other concerns.
- When you begin to wear the splint, you may notice the joint it is fitted around feels stiff. This is to be initially expected. However, contact your Occupational Therapist if it is excessively stiff or if this stiffness lasts for a prolonged period.

Care of the splint

- Clean the splint with lukewarm water and mild soap using a damp cloth and then air dry.
- Keep the splint away from sources of heat e.g. direct sunlight, hot water, radiators, sunny windowsill. Do not wear when putting hands in hot water
- Do not alter your splint in any way.

Fitting instructions

Please see diagram



Further comments:

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Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Occupational Therapist, Archways, Belgrave Street, York, YO31 8YZ.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

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如果你要求本資 不同的 或 式提供 , 電或發電

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Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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